ABSTRACT OF THE DISCLOSURE

Improvements in fall protection are disclosed, including a method for providing fall protection for human and non-human loads in elevated environments. The load is equipped with a safety harness and lanyard apparatus having first and second lanyards attached thereto. A method is disclosed for providing fall protection for human and non-human loads in an elevated environment wherein the load is primarily supported by an aerial lift vehicle or structure generally adjacent to a second structure. The method includes the steps of: (1) connecting a safety lanyard apparatus to the load, said safety lanyard apparatus including first and second lanyards, each of said first and second lanyards having one end connected to the load and an opposing connectable free end, said first lanyard incorporating a means for automatic release of said connectable free end thereof in response to a predetermined tensional force; (2) connecting said first lanyard connectable free end to the aerial lift vehicle; (3) connecting said second lanyard connectable free end the structure, whereby the application of a tensional force, greater than or equal to a predetermined force, to said first and second lanyard ends results in activation of said means for automatic release thereby separating said connectable free end of said first lanyard from said safety lanyard apparatus thereby leaving said load suspended from said structure.